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Ways to Better Rural Living

Home Economics Extension Around the World

Federal Extension Service

U. S. Department of Agriculture

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This publication. . .

has been prepared to share with you some of the simple but exciting changes that are contributing to better family living. These are taking place in rural villages around the world today.

By HELEN STROW and SUE TAYLOR MURRY

Photographs courtesy International Cooperation Administration, Food and Agriculture Organization of the United Nations, and other sources.

Picture on Cover-- A rural family in Vietnam is typical of rural families all over the world who seek to improve their living through Extension teaching.

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The Home Economics Extension Agent . . .

This is a Home Economics Extension Agent in the Philippines. She lives in the village close to the people she teaches. She is not only their teacher but their friend and advisor as well. Like her counterparts in many countries around the world, she is dedicated to helping the village people help themselves. With the aid of such young women rural homes are improving, rural families can hope for a better life for their children, and rural communities are better places in which to live.

. . . . Teaches

This Liberian mother, like mothers everywhere, wants her baby to be healthy. Home Economics Extension Agents find mothers eager to learn how to give their babies better care.

Mothers, like the mother of this Taiwan boy, learn to feed their children meals that will keep them healthy.

How to Care for Children

Village workers in Egypt help children and their mothers learn useful skills in nursery schools.

Vietnam village women are glad to learn better ways to keep their babies clean.

. . . . Helps

A Colombian rural woman is proud of her flock of chickens. She and her neighbors have learned better ways of raising chickens and how important it is to use more eggs and meat in everyday meals.

Families learn to raise a kitchen garden--the first step in improving their diet. --Venezuela.

Rural Families Improve Their Diets

Women enjoy going to meetings where they are taught what to feed their families. They learn the best ways to prepare these foods for a healthful diet.--Korea.

Iranian women learn to dry food for later use. Surplus foods help to provide better meals in seasons of low production.

. . . . . Helps

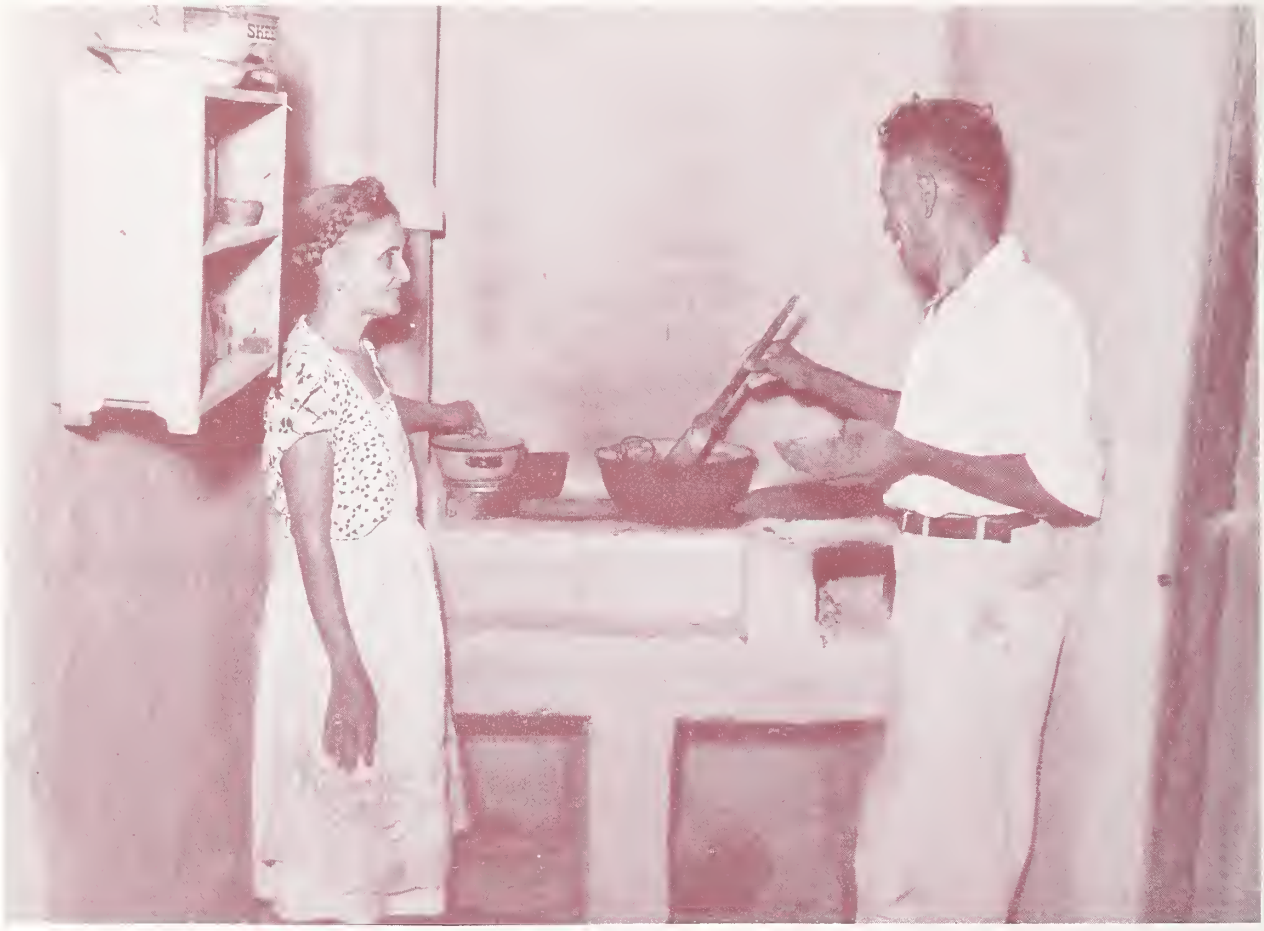
The home agent supervises Korean village women as they learn to give better care to the sick.

A family in Jordan stores their water in covered containers after it is purified.

Improve Rural Health and Sanitation

This Honduras child has a better chance for good health, because her family built a sanitary latrine.

A village worker in India teaches women how to prevent malaria.



This El Salvador man and his wife enjoy the stove they made.

A Taiwan family built a sink to improve their kitchen.

Families Improve Their Homes

Young Ethiopian women learn to make babies' beds to keep their children clean and safe.

This Turkish man built these beds, which nest to store in a small place.

..... Teaches *How to Make and Care for Clothing*

Pakistani village workers learn basic sewing skills...

and in the villages put them to practical use helping women learn by doing.

.... Teaches *How to Increase Income Through Cottage Industries*

Village family in Indonesia weaving bamboo mats for sale.

.... Teaches *Girls Useful Skills*

The home agent teaches Ecuadorian girls to make basic clothing for themselves. These girls also learn to make useful articles for their homes.

Haitian girls learn to do by doing. They enjoy demonstrating to the other members of their club.

. . . . Helps *Families Save Money, Time, and Energy*

This woman in Nepal is trying out her new bamboo washboard. It will save her energy and make the family's clothing last longer.

These Brazilian women have found that a good homemade mattress of cornhusks is comfortable and also saves money for other needs.

This Home Economics Agent is a welcomed visitor in an Egyptian rural home.

The home agent teaches groups wherever she finds them. Here, in the market, she shows how to use dried fish which is for sale nearby.--Mexico.

Many Methods to Teach Rural Families

The mobile demonstration unit makes it possible to teach in remote areas. Here Japanese workers show village people better ways to prepare foods.

The agent does some of her best teaching by combining her efforts with workers in other agencies. In assisting UNICEF and FAO with such projects as the use of powdered milk in a school, she reaches mothers with improved feeding practices.

Home Economics Extension Offers Opportunities for Leadership

Careful training is the basis for successful leadership experiences. Here volunteer leaders in Peru are taught to prepare flannelgraphs for teaching their village neighbors.

As a volunteer leader practices she improves her skills until, like this Filipino woman, she may demonstrate before an international group.

SOME UNIVERSALS

OF HOME ECONOMICS EXTENSION WORK

1. Help people to help themselves.
2. Base the program on the problems of the people.
3. Plan with people.
4. Begin where people are.
5. Use what people have.
6. Teach "Learning by Doing".
7. Find, train and give volunteer leaders opportunities to assist.
8. Get local support.
9. Introduce new ideas for the home, based on sound information.
10. Keep program focused on improving family living.

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